

USDA FNS SP 30-2012: EXHIBIT A—GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS^{1,2}

GROUP A

Bread type coating
Bread sticks (hard)
Chow mein noodles
Savory Crackers (saltines and snack crackers)
Croutons
Pretzels (hard)
Stuffing (dry)
Note: weights apply to bread in stuffing

OZ EQ FOR GROUP A

1 oz eq = 22 g or 0.8 oz
3/4 oz eq = 17 g or 0.6 oz
1/2 oz eq = 11 g or 0.4 oz
1/4 oz eq = 6 g or 0.2 oz

GROUP B

Bagels
Batter type coating
Biscuits
Breads (sliced whole wheat, French, Italian)
Buns (hamburger and hot dog)
Sweet Crackers⁴ (graham crackers - all shapes, animal crackers)
Egg roll skins
English muffins
Pita bread (whole wheat or whole grain-rich)
Pizza crust
Pretzels (soft)
Rolls (whole wheat or whole grain-rich)
Tortillas (whole wheat or whole corn)
Tortilla chips (whole wheat or whole corn)
Taco shells (whole wheat or whole corn)

OZ EQ FOR GROUP B

1 oz eq = 28 g or 1.0 oz
3/4 oz eq = 21 g or 0.75 oz
1/2 oz eq = 14 g or 0.5 oz
1/4 oz eq = 7 g or 0.25 oz

GROUP C

Cookies³ (plain - includes vanilla wafers)
Cornbread
Corn muffins
Croissants
Pancakes
Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies)
Waffles

OZ EQ FOR GROUP C

1 oz eq = 34 g or 1.2 oz
3/4 oz eq = 26 g or 0.9 oz
1/2 oz eq = 17 g or 0.6 oz
1/4 oz eq = 9 g or 0.3 oz

GROUP D

Doughnuts⁴ (cake and yeast raised, unfrosted)
Cereal bars, breakfast bars, granola bars⁴ (plain)
Muffins (all, except corn)
Sweet rolls⁴ (unfrosted)
Toaster pastry⁴ (unfrosted)

OZ EQ FOR GROUP D

1 oz eq = 55 g or 2.0 oz
3/4 oz eq = 42 g or 1.5 oz
1/2 oz eq = 28 g or 1.0 oz
1/4 oz eq = 14 g or 0.5 oz

GROUP E

Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit and/or chocolate pieces)
Cookies³ (with nuts, raisins, chocolate pieces and/or fruit)
Doughnuts⁴ (cake and yeast raised, frosted or glazed)
French toast
Sweet rolls⁴ (frosted)
Toaster pastry⁴ (frosted)

OZ EQ FOR GROUP E

1 oz eq = 69 g or 2.4 oz
3/4 oz eq = 52 g or 1.8 oz
1/2 oz eq = 35 g or 1.2 oz
1/4 oz eq = 18 g or 0.6 oz

GROUP F

Cake³ (plain, unfrosted)
Coffee cake
OZ EQ FOR GROUP F
1 oz eq = 82 g or 2.9 oz
3/4 oz eq = 62 g or 2.2 oz
1/2 oz eq = 41 g or 1.5 oz
1/4 oz eq = 21 g or 0.7 oz

GROUP G

Brownies³ (plain)
Cake³ (all varieties, frosted)
OZ EQ FOR GROUP G
1 oz eq = 125 g or 4.4 oz
3/4 oz eq = 94 g or 3.3 oz
1/2 oz eq = 63 g or 2.2 oz
1/4 oz eq = 32 g or 1.1 oz

GROUP H

Cereal grains (barley, quinoa, etc)
Breakfast cereals (cooked)^{5,6}
Bulgar or cracked wheat
Macaroni (all shapes)
Noodles (all varieties)
Pasta (all shapes)
Ravioli (noodle only)
Rice (enriched white or brown)
OZ EQ FOR GROUP H
1 oz eq = 1/2 cup cooked or 1 oz (28g) dry

GROUP I

Ready to eat breakfast cereal (cold, dry)^{5,6}
OZ EQ FOR GROUP I
1 oz eq = 1 cup or 1 oz for flakes and rounds
1 oz eq = 1 1/4 cups or 1 oz for puffed cereal
1 oz. eq. = 1/4 cup or 1 oz for granola

¹ The following food quantities from Groups A-G must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.

² Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only as dessert at lunch as specified in §210.10.

⁴ Allowed for desserts at lunch as specified in §210.10, and for breakfasts served under the SBP.

⁵ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, or whole grain and enriched or fortified cereal.